

Turkey Salad with Orange Vinaigrette

Rating: ★★ ★

Makes: 4 servings

Ingredients

1/4 cup orange juice
2 tablespoons vinegar, white wine
2 tablespoons onion (finely chopped)
1/4 teaspoon salt
1 dash pepper
1 tablespoon oil
2 teaspoons Dijon mustard
4 cups salad greens (torn)
2 cups cooked turkey breast (cut into julienne strips)
1 1/3 cups mandarin orange sections (drained)
1/2 cup celery (sliced)

Directions

1. In a jar with tight-fitting lid, combine all vinaigrette ingredients; shake well. If you don't have a container with a tight-fitting lid, place ingredients in a small mixing bowl and mix together with a whisk.
2. In large bowl, combine all salad ingredients; toss gently.
3. Serve with vinaigrette. If desired, garnish with fresh strawberries.

Notes

You can substitute 1 1/2 teaspoons dried chopped onion for the chopped fresh onion or as recommended on the

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	22 g	
Carbohydrates	14 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	NA	
Sodium	NA	

dried onion container. Prepare the dressing at least 10 minutes before you need it to allow the dried onion to re-hydrate from the fluids in the dressing.

Use white meat leftovers if you've prepared a whole turkey and not just the breast portion.

Another way to add crunch to your salad would be to use 4 tablespoons chopped walnuts instead of the celery.

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